

YOUNG CARERS SUPPORT GUIDE



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A GUIDE TO GETTING HELP

WHO IS A YOUNG CARER?

A young carer is someone under 18 who provides unpaid support to family who could not manage without this help. This could be caring for a relative who is ill, frail, disabled or has mental health or substance misuse problems. Once you turn 18, this role is referred to as a 'young adult carer'.

1. SIGN UP TO THE YOUNG CARERS NETWORK

Signing up to the Young Carers Network is the first step in getting support. When you sign up, you will be able to find activities, events and services that can support you. You can sign up yourself or ask a parent, carer or professional (like a teacher or school nurse) to sign you up.



Scan this QR code or [click here](#) to sign up

2. SPEAK TO AN ADVISOR

When you sign up to the Young Carers Network, a member of our Families Information Service team will have a conversation with you about the support you might need. The Families Information Service gives guidance and support to all children, young people and families who need help.

Next, they will talk you through the different services, organisations, clubs or activities that you/your family would like to join and/or be referred to for support. They can also help you get a Young Carer's Assessment to see what other support you are entitled to.

**I'M A YOUNG CARER.
HOW CAN YOU HELP ME?**

3. YOUR JOURNEY TO SUPPORT

Depending on what you need and what you're interested in, there are different ways you can access support. You can choose the path that works best for you. You'll find more details in this guide.

Learn more about:

- Activities
- Mental health support
- Support at school
- Family advice
- Jobs and opportunities
- Other useful resources



PRIMARY SCHOOL AGED SUPPORT

HELP AT SCHOOL

Pages 6 to 7

FUN ACTIVITIES

Pages 10 to 12

I'M LOOKING FOR...

HELP WITH MY EMOTIONS

Page 15

ADVICE ABOUT MY SIBLING

Pages 18 to 19



SECONDARY SCHOOL AGED SUPPORT

**ADVICE ABOUT
LEAVING SCHOOL
AND MY FUTURE**

Pages 8, 9 and 20

**THINGS TO DO AND
PLACES TO HANG OUT
WITH MY FRIENDS**

Pages 10 to 13

**I'M
LOOKING
FOR...**

HELP AT SCHOOL

Pages 6 to 7

**A PLACE TO SHARE MY
EXPERIENCES AND MEET
LIKE MINDED PEOPLE**

Page 17

**SUPPORT WITH MY
MENTAL HEALTH**

Pages 14 to 16





SCHOOL SUPPORT

YOUR SCHOOL

ABOUT

School is an important part of your life as a young person and can make a big difference to your experience of being a young carer. Support looks different in each school so the best thing to do is to speak to a teacher or member of staff you feel comfortable with.

School Nurses are also always available to help if you need support with your physical and mental health.



SCHOOL NURSE DROP IN SESSIONS (NO NEED TO BOOK)

- Emotional Wellbeing & Mental Health Support
- Sexual Health & Contraception Advice
- Building Healthy Relationships
- Online Safety & Bullying Support
- Healthy Lifestyles, Eating & Weight Guidance
- Puberty, Self-Identity & Personal Hygiene
- Transition into secondary school & higher education support
- Smoking, Alcohol & Substance Misuse Advice
- Referral and signposting to onward services
- Self Care

To find out when the school nurse is attending your school contact us - via the Young Greenwich website QR code on page 10. You can also access a school nurse if you do not attend school.



SCHOOL SUPPORT



IMAGO

ABOUT

Imago is a charity supporting young carers. In Greenwich, Imago works in some primary and secondary schools and they run groups to give you a break and to meet other young carers.

HOW CAN THEY HELP ME?

If you're in a school that has an Imago Young Carers Support Group, you can receive practical advice and emotional support, participate in creative workshops and develop new skills. It's a place to have fun, relax and meet new people!



Being a young carer has taught me how to be strong, kind and patient. I know I'm doing something important, even if it's not always easy.



AGE RANGE

4 to 18

WHERE?

At some schools in the Royal Borough of Greenwich. Speak to a teacher to find out if your school has an Imago Young Carers Group.

WHEN?

Sessions take place during school time. Speak to your teacher to find out more.

CAN I SIGN UP MYSELF?

You will need consent from your parent or guardian.

CONTACT DETAILS

- 01892 530330
- hello@imago.community



**FOR MORE
INFORMATION
SCAN THIS QR CODE
OR [CLICK HERE](#)**

SCHOOL SUPPORT

CAREERS GUIDANCE

Your school will provide you with advice and guidance on your next step in education and the world of work. Our Careers Practitioners at Greenwich Council are also running the sessions below to give you a boost of support. (You can find the most up to date information by clicking **here**).

Priority Careers Guidance for Young Carers

- Exclusively for Year 9, Year 11, and Post-16 Students
- Dedicated 1-to-1 careers sessions with a qualified Careers Practitioner are available at The Woolwich Centre.
- These dates are reserved specifically for Young Carers to ensure you get the support and time you deserve.

RESERVED APPOINTMENT DATES (BOOKING REQUIRED):

- **Tuesday 18 August 2026**

HOW TO BOOK

Email **help-me-with-my-future@royalgreenwich.gov.uk**

Please include the following in your email:

1. **Mention that you are a Young Carer.**
2. **Your Year Group.**
3. **Your Preferred Date from the list above.**

GCSE Results Day: Universal Drop-In Support (Year 11)

If you don't get the results you were hoping for, or if you just need some last-minute advice once you get your results, come and see us. No appointment is needed for these drop-in sessions.

- **Thursday 20 August 2026**
- **Friday 21 August 2026**

Location: **Woolwich Library, Business Room**

Time: **10:30am - 3:00pm**

FIRST STEP TRUST

ABOUT

First Steps Trust is a charity that can give you real world work experience and training. They are experts in helping people who have been out of work for a long time, people who have had mental health challenges and people who have experience with the Criminal Justice System.

WHAT DO THEY OFFER?

You can complete training in vehicle mechanics, food hygiene, construction skills. You can also get work experience in a garage and finance. First Step Trust also gives you support to prepare for work like developing a CV and helping you with job applications.



Friendly atmosphere with patient and professional staff. Highly recommend First Step Trust!



AGE RANGE

18+

WHERE

Woolwich and Online

COST

Free

WHEN?

Depends on the training/work experience

DO I NEED A REFERRAL?

You or a professional can make a referral.

HOW DO I GET IN TOUCH?

- 0208 855 7386
- comms@firststeptrust.org.uk



**SCAN THIS QR CODE
OR [CLICK HERE!](#)**

JOBS



ACTIVITIES

YOUNG GREENWICH

ABOUT

Young Greenwich is a free membership scheme for young people in the Royal Borough of Greenwich. Young Greenwich offers loads of activities - take a look at the next page to see some of what they offer!

They also offer help and support for parents/carers.

HOW THEY CAN HELP

It's a great place to make new friends, have some time out and a chance to discover new hobbies.

young-greenwich.org.uk/
[instagram.com/younggreenwich/](https://www.instagram.com/younggreenwich/)

AGE RANGE

8 to 19 (or 25 with SEND)

COST

Free

WHERE AND WHEN

Across the borough including Eltham, Woolwich, Thamesmead and Charlton. Check the website for days and times of activities.

DO I NEED A REFERRAL?

You can sign up to most activities yourself but some need a professional referral.

ADDRESS & CONTACT DETAILS

- Charlton Athletic Training Ground, Sparrows Lane, New Eltham, London SE9 2JR
- 0208 8502866
- yg@cact.org.uk



**CLICK HERE OR
SCAN THE QR CODE
TO FIND OUT ALL
THE ACTIVITIES
ON OFFER!**

YOUNG GREENWICH

YOUNG GREENWICH OFFERS 70
ACTIVITIES EVERY WEEK! HERE
ARE JUST A FEW EXAMPLES...

DANCE

VOLLEYBALL

JUDO

FOOTBALL

ACTING

HOMEWORK CATCH UP

COOKING

PHOTOGRAPHY

ARTS & CRAFTS

VIDEO GAMES

HEALTH

WORKSHOPS ON ISSUES
THAT MATTER TO YOU!





ACTIVITIES

GREENWICH MUSIC SCHOOL

ABOUT

Greenwich Music School aims to help you develop your creative, artistic and personal growth through music. They offer music lessons and classes where you can learn new instruments, play in a band, make your own music and meet new people.

WHY SHOULD I JOIN?

Music is a great way to help you express yourself and build confidence. You'll also be able to learn from experienced and professional musicians.



It's been amazing learning music with Greenwich Music School. It feels kind of good to be the first one in my family to learn a musical instrument.



AGE RANGE

4 to 18

WHERE?

Charlton, Kidbrooke, Greenwich, Blackheath & Deptford

WHEN?

During term time and school holidays. Check the website for information about specific classes.

COST

Varies. Financial support is available. Contact for more information.

CAN I SIGN UP BY MYSELF?

Your parent/carers can register you online.

CONTACT DETAILS

- 0208 305 1286
- info@greenwichmusicschool.org.uk



**WANT MORE
INFORMATION?
SCAN THIS QR CODE
OR [CLICK HERE](#)**

You can follow Greenwich Music School on X, Instagram and Youtube. Follow [@greenwichmusicschool](#)



ACTIVITIES

CHAMPIONS 4 CHANGE

ABOUT

Champions 4 Change has a Young Carers Programme. You'll be able to access boxing, mentoring and wellbeing sessions to help you build resilience, confidence and self-belief.

WHAT WILL I GAIN FROM JOINING?

- Confidence and self-belief
- Help to manage your emotions and reduce stress
- Positive relationships with people your age and trusted adults
- Guidance and support
- Positive habits



C4C feels like a safe place where I can be myself. I've made new friends and learned things that help me both in and out of the gym.



AGE RANGE

12 to 25

WHERE

Woolwich, Charlton and Plumstead

COST

Mostly free. Some sessions have a cost.

TIMES AND DATES

Depends on the location. Contact for more information.

CAN I SIGN UP MYSELF?

Yes! You can register online.

HOW DO I SIGN UP?



**SCAN THIS QR CODE
OR [CLICK HERE!](#)**



MENTAL HEALTH & ADVICE

GREENWICH TIME TO TALK

ABOUT

Greenwich Time to Talk for Young People is there to help you if you've been experiencing low mood and/or anxiety and stress. They work with young people from all backgrounds to help overcome these difficult feelings.

HOW CAN THEY HELP ME?

Greenwich Time to Talk for Young People can help you find different ways of thinking and give you tools to support. Your sessions with them will be confidential (which means they won't tell other people unless they're concerned about your/other people's safety).

PS. If English isn't your first language, you'll be able to have a professional interpreter.

AGE RANGE

16 to 17

WHERE?

In GP surgeries in Eltham, Greenwich and Woolwich

COST

Free

TIMES AND DATES

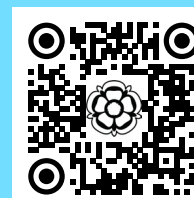
Appointments will be arranged once you have signed up to the service.

CAN I SIGN UP MYSELF?

Yes! You can complete an online form, call or talk to your GP who can help to arrange an appointment.

CONTACT DETAILS

- 020 3260 1100



**FOR MORE
INFORMATION
SCAN THIS QR CODE
OR [CLICK HERE](#)**

MENTAL HEALTH & ADVICE



KOOTH

ABOUT

Kooth is a free, safe and anonymous place for you to find online support and counselling. The Kooth App has lots of different features and tools to help you, like discussions boards with other young people, goal-setting, journaling and online messenger where you can speak to a counsellor.

HOW THEY CAN HELP

The Kooth App can help you to manage your emotions and give you tips to improve your wellbeing. You can also share your experiences and connect with other young people and counsellors online.

AGE RANGE

10 to 18, and up to 25 if you have special educational needs (SEND)

WHERE?

Online (App)

COST

Free

DO I NEED A REFERRAL?

No

HOW DO I SIGN UP?



**SCAN THIS QR CODE
OR [CLICK HERE](#)**



I love this website! It has definitely helped me. I recommend it 100%



MENTAL HEALTH & ADVICE



SIDEKICK

ABOUT

Sidekick is a confidential helpline for young people. You can text or email one of the Sidekick coaches who can listen to you and provide you with support.

HOW THEY CAN HELP

Sidekick can help you with lots of things. They can listen when things feel tough, talk through problems you're facing and find ways to help such a challenges with school, family or friendship worries.

“

They gave a lot of options in how to help and listened to everything I said. Also they don't judge you.

”

AGE RANGE

13 to 18 (up to 25 with SEND)

HOW DO I ACCESS HELP?

Text or email

COST

Texting is free if you have free texts included in your mobile plan. Emailing is free.

OPENING HOURS

Monday: 12:30pm to 7:30pm

Tuesday: 9:30am to 4:30pm

Wednesday: 9:30am to 4:30pm

Thursday: 12:30pm to 7:30pm

Friday: 9:30am to 4:00pm

(If Sidekick is offline when you message, they'll get back to you when they reopen.)

CAN I USE SIDEKICK BY MYSELF?

Yes!

HOW DO I GET IN TOUCH?



**SCAN THIS QR CODE
OR [CLICK HERE](#)**

MENTAL HEALTH & ADVICE



THE MIX

ABOUT

The Mix gives free, confidential and anonymous support to young people. No matter what issue you're facing, The Mix is there to help.

HOW THEY CAN HELP

The Mix can talk to you about mental health, money, relationships and more. They offer support through a one-to-one webchat, email support, counselling and discussion groups with other young people. The Mix also has a podcast, a YouTube channel and lots of articles on their website to help you.



It's had a huge impact on me. They made me feel safe. The discussion boards and one-to-one chats are a great place to share your thoughts and feelings.



AGE RANGE

Under 25s

HOW DO I GET HELP?

Website, text, email and social media

COST

Free

TIMES AND DATES

For support groups, webchats and counselling, check out the website.

DO I NEED A REFERRAL?

No

HOW DO I GET IN TOUCH?



**SCAN THIS QR CODE
OR [CLICK HERE](#)**

**You can follow The Mix on TikTok,
Instagram and Youtube.
Follow @TheMixUK!**

FAMILY ADVICE AND SUPPORT



SIBS

ABOUT

Sibs is a charity helping people who have a disabled brother or sister. Children and young people growing up with a disabled brother or sister can experience particular challenges like finding it hard to get homework done, and having more worries and responsibilities than their peers. If you feel like this, Sibs can help.

HOW CAN THEY HELP ME?

They can give you information and support about disability and health conditions, get tips for enjoying life and dealing with challenging feelings, and get help with sibling issues at home and at school.

AGE RANGE

If you have a sibling aged between 7 and 17

WHERE

Online. You can find resources and speak to a Sibling Advisor and ask them questions.

COST

Free

CAN I USE THIS BY MYSELF?

Yes!

HOW DO I GET IN TOUCH?



**FOR MORE
INFORMATION
SCAN THIS QR CODE
OR [CLICK HERE!](#)**



It's great to read about other siblings like me. It means that I don't feel so alone.





FAMILY ADVICE AND SUPPORT

GREENWICH MENCAP

ABOUT

Greenwich Mencap is a charity that provides care, advice and support to people with learning disabilities, learning difficulties and their families. For young carers, they have a Support of Siblings service which gives free support and activities for young people who have a disabled brother or sister.

HOW CAN THEY HELP ME?

If you feel worried, confused or left out, Greenwich Mencap can help through the Support for Siblings service. You can have a chance to relax, enjoy activities in a different environment and meet other people with similar experience to you.



*I came feeling ordinary
and I left feeling special.*



CAN I GET SUPPORT?

You can get help from the Support for Sibling service if you are aged 4 to 11, and if you have a brother or sister with a learning difficulty, disability or autism.

WHERE AND WHEN?

Sessions take place in the Royal Borough of Greenwich. You will get the exact location and the times of sessions when you sign up.

CAN I SIGN UP MYSELF?

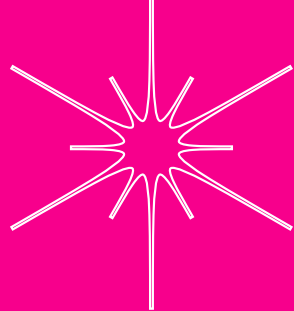
You'll need a parent/guardian to sign you up, or you can get a professional, like a teacher or SENCO, to refer you.

CONTACT DETAILS

- 020 8305 2245 Ext 203.
Phone lines are open from 10am to 4pm, Monday to Friday.
- gl4@greenwichmencap.org.uk



**SCAN THIS QR CODE
OR [CLICK HERE!](#)**



YOUNG ADULT CARERS



GREENWICH CARERS

ABOUT

Greenwich Carers is a charity dedicated to improving the lives of carers in the Royal Borough of Greenwich. It is a great place to be part of a community of other people who care and you can also get lots of support. They can help you as soon as you turn 18 and beyond.

HOW THEY CAN HELP

Greenwich Carers runs lots of social activities, events, workshops and information sessions where you can get support and connect with other carers like you. They can also give you therapeutic support if you're struggling with your mental health.

AGE RANGE

18+

WHERE?

Greenwich Carers is based at the Greenwich Carers Centre in Charlton Village - 76 Hornfair Road, SE7 7BD.

(They have a really nice cafe and garden!)

COST

Free

TIMES AND DATES

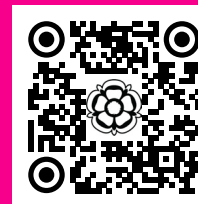
Check the calendar on the website for a full list of what is on offer.

CAN I SIGN UP MYSELF?

Yes!

CONTACT DETAILS

- 0300 300 2233
- info@greenwichcarers.org



**FOR MORE
INFORMATION
SCAN THIS QR CODE
OR **CLICK HERE!****

FOR MORE INFORMATION

**To find out more about this guide
and how to get help as a young
carer, please contact our Families
Information Service.**

Phone: 020 8921 6921

Email: fis@royalgreenwich.gov.uk

**Please contact the Multi-Agency
Safeguarding Hub (MASH) to
discuss your concerns.**

Phone: 020 8921 3172

Email: [mash-referrals@
royalgreenwich.gov.uk](mailto:mash-referrals@royalgreenwich.gov.uk)

**Click here to find out about
support available to carers of all
ages in Royal Greenwich.**

